



MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES

Why laughing matters

Wednesday, June 14, 2017

11:30 a.m.

Do you laugh often enough?
Find out why laughing matters
for your health.

Maryland Access Point (MAP) provides
information and assistance to area residents.

(Stay for lunch - \$4.68 regular meal cost)

Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

9020 Amelung Street, Urbana, MD 21704

(located on the lower level of the Urbana Regional Library)

301-600-7020 • Like us on Facebook: [Urbana Senior Center - Frederick County, MD](https://www.facebook.com/UrbanaSeniorCenter)
UrbanaSeniorCenter@FrederickCountyMD.gov • www.FrederickCountyMD.gov/aging